

## OFFICIAL ENTRY FORM

### 2nd Annual 2008 CHESAPEAKE ECO-TRIATHLON • ENTRY DEADLINE- SEPTEMBER 5, 2008

Checks payable and mail to: CBEC, PO Box 519, 600 Discovery Lane, Grasonville, MD 21638  
ALL TEAM MEMBER ENTRIES MUST BE MAILED/FAXED together. (Fax) 410-827-6713

Last Name \_\_\_\_\_ First Name \_\_\_\_\_

Street \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Home Phone \_\_\_\_\_ Business Phone \_\_\_\_\_ Email (required) \_\_\_\_\_

Age on Event Day \_\_\_\_\_ Date of Birth \_\_\_\_\_ Sex Male \_\_\_\_\_ Female \_\_\_\_\_

Name of other Team Members- PRINT CLEARLY- All Team members must complete an application

1 \_\_\_\_\_ 2 \_\_\_\_\_ 3 \_\_\_\_\_

#### Mountain Bike Rating (circle one) 1 is novice 5 is expert

1      2      3      4      5

#### Team Category (Select one from Both A & B)

A.  Male       Female       Coed

B.  Individual       2 Person       3 Person       4 Person

#### Kayak to be provided by:

Triathlete       Eco-Tri (check one)

**I WILL**       Bike       Kayak       Run (check all that apply)

#### Fees (Kayak Included \*)

		By 7/31/08	8/1 to 9/5/08
Individual (Own Kayak)		\$75	\$95
Individual (CBEC Kayak)		\$110	\$130
2 Person Team (Own Kayak)		\$135	\$165
2 Person Team (CBEC Kayak)		\$170	\$200
3 Person Team (Own Kayak)		\$185	\$225
3 Person Team (CBEC Kayak)		\$220	\$260
4 Person Team (Own Kayak)		\$240	\$285
4 Person Team (CBEC Kayak)		\$275	\$320

#### PAYMENT

Check Enclosed

Credit Card

MC       Visa       Discover

Card # \_\_\_\_\_

Exp. Date \_\_\_\_\_

Entry Fee \$ \_\_\_\_\_  FOR ME OR  MY TEAM

**TOTAL ENCLOSED** \_\_\_\_\_

While I cannot attend, I would like to donate \$ \_\_\_\_\_

#### WAIVER/RELEASE

Waiver/Release: In consideration of this entry being accepted, I hereby for myself, heirs, executors and administrators, waive and release any claims I may have against the Chesapeake Bay Environmental Center, Queen Anne's County Public Schools, Department of Recreation, Eastern Shore Adventure Company, Grasonville Volunteer Ambulance Department, Grasonville United Methodist Church, Grasonville Senior Center, Joyner & Associates, West Marine, On Your Mark Productions and all parties, groups, organizations, volunteers, sponsors and (or) any representatives involved in the Chesapeake Eco-Triathlon for injuries that may be suffered by me in this event.

I also hereby agree to comply with all of the rules, regulations and instructions of the event and its directors and attest that I am physically fit and have sufficiently trained for this triathlon, which is a strenuous, difficult and hazardous athletic undertaking. I further permit free use of my name and pictures in broadcast, telecast and the press as they pertain to the Chesapeake Eco-Triathlon.

Signature (parent if under the age of 18) \_\_\_\_\_ Date \_\_\_\_\_

## OFFICIAL RULES

### CHESAPEAKE ECO-TRIATHLON

#### BIKE

- Mountain bikes are required.
- ANSI, Snell or UCSF approved bike helmet is mandatory.
- Bike frame #'s must be attached to the top tube and be visible at all times.
- Bike repair is the athlete's responsibility. Check your bike BEFORE the event.
- Bikes must be in working order: brakes, gearing, tires.

#### KAYAK

- If bringing your own kayak: you must provide your own paddle and US Coast Guard approved personal flotation device (PFD).
- If the Eco-Tri is providing your kayak, all the paddles and personal flotation devices (PFD's) will be provided (no exceptions).
- All kayakers must wear a fully fastened "PFD".
- Boat or sturdy rubber-soled shoes must be worn. No bare feet or flip flops allowed. Sneakers OK.
- In case of high winds, rough water or unsafe conditions, the kayak leg will be cancelled or modified.

#### RUN

- Runners may not be assisted in any way.
- Contestants must run on the right side of the road unless otherwise instructed.

#### GENERAL TRIATHLON RULES

- Wear bib number on front. No folding or cutting.
- No headphones (strictly enforced).
- Pick-up of bike will occur at kayak transition.
- Event organizers reserve the right to disqualify athletes for medical reasons or misconduct and may alter the course to assure safety.

#### SCHEDULE OF EVENTS:

##### PRE-RACE DAY, FRIDAY, SEPTEMBER 19, 2008

**4:00-7:00PM**      OPTIONAL PACKET PICK-UP AND EQUIPMENT DROP-OFF AT CBEC

##### RACE DAY, SATURDAY, SEPTEMBER 20, 2008

**7:30-9:15 AM**      CHECK-IN, PACKET PICK-UP  
**8:30-9:30 AM**      KAYAKER & RUNNER TRANSPORT  
**9:30 AM**              FINAL BRIEFING, BIKE  
**10:00 AM**            FINAL BRIEFING, TRANSITION AREA  
**10:00 AM**            TRIATHLON START  
**1:30 PM**              AWARDS CEREMONY  
**1:00-4:00 PM**      BIKE/KAYAK PICK-UP

## EVENT INFORMATION

**SATURDAY, SEPTEMBER 20, 2008**

**CHESAPEAKE BAY ENVIRONMENTAL CENTER (CBEC) • GRASONVILLE, MARYLAND**

**10:00 am START      2ND ANNUAL BIKE – KAYAK – RUN**

Come join us on the Chesapeake for a truly unique triathlon filled with challenge, natural beauty, varied terrain and the splendor of our 510 acre environmental preserve. Bike and run on trails (dirt or mud), paved roads, gravel paths and fields. You'll be the attraction for our ducks, muskrats, owls, foxes and other natural denizens. Kayak on Prospect Bay over oyster bars and artificial reefs.

**ENTRY DEADLINE - SEPTEMBER 5, 2008**

**BIKE — 10 miles through the Chesapeake Bay Environmental Center, Perry's Corner Road and adjacent properties. Mountain bike required.**

**KAYAK — 3 miles out and back, through a traffic-controlled, buoyed course on Prospect Bay.**

**RUN — 4 miles on varied terrain culminating in a spirited finish near our Visitor Center.**

#### ENTRIES: Limited to 300

#### Individuals or 2,3,4 Person Relay Teams

Individual: (Bike-Kayak-Run)

2 Person: (Bike-Kayak), (Kayak-Run), 2 in Kayak

3 Person: (Bike), (Kayak), (Run)

4 Person: (Bike), (Kayak-Kayak), (Run) 2 in Kayak

Team Limits: 2 Person (40 Teams), 4 Person (30 Teams)

#### SEEDING:

Circle the mountain bike rating on entry form based on skill level

1                      2                      3                      4                      5  
 Novice                      Experienced                      Expert

#### WAVE STARTS:

- Beginning at 10:00 AM
- We will need your bike rating

**Mountain bike required**

#### CHIP SCORING:

- By ChampionChip
- Results www.compuscore.com
- Transition Clocks
- Water Stops
- Transition Bag Transport

**Triathletes may bring their personally owned kayaks or kayaks will be provided by the Eco-Tri.**

#### MINIMUM AGE REQUIREMENTS:

18 for individual or 3 person team kayakers.  
12 for all other triathletes.

**Clinics:** Available to registered athletes only.

Kayak Demonstration & Clinic, Saturday, September 6, 11:00 am at CBEC  
Advance registration necessary.  
Call 410-827-6694. Fee: \$30 (payable to CBEC).

Mountain Bike Clinic & Course Preview, Saturday, September 6, 9:00 am at CBEC  
Advance registration necessary. Limit 20 people per skill level. Call 410-827-3771. FREE.

CBEC  
PO Box 519  
600 Discovery Lane  
Grasonville, MD 21638

#### Information:

410-827-6694  
732-381-0318  
mzrace@oymp.net

#### Online Registration:

www.bayrestoration.org  
www.oymp.net  
www.active.com

